



GET READY, SANTA BARBARA!

Increasing emergency awareness and preparedness in our community

The Apps are Coming!

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Upcoming Issues

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30-2-Can Do

JUNE
Triage

JULY
Search and Rescue

AUGUST
Creating a Team

SEPTEMBER
Disaster Psychology



In light of the feedback from last month's column titled "Social Media and Preparedness" this month we bring safety oriented apps for your smart phone or tablet computer! According to the [Pew Research Center](#), 66% of young adults (age 18-29), 59% of adults (age 30-49) and 34% of older adults (ages 50-64) own a smart phone and use it to download applications (apps) and/or surf the internet. Even more telling is that an April 2012 Pew survey found 86% of Smartphone users have used their phones to get help in an emergency situation! Tablet computer use is also on the rise with 31% of adults reporting they use a tablet computer such as an iPad. With statistics like these it is hard to ignore the world of apps as a medium of communication.

Last month we discussed Twitter, Nixle, and Facebook, all of which have apps you can download to your Smartphone or tablet to make accessing these websites easier. Recently however, the Red Cross has developed [several free apps](#) which provide information on all sorts of disasters ([wildfires](#), [tornadoes](#), [hurricanes](#) and [earthquakes](#)) as well as an app that provides information on where to find [Red Cross shelters](#) and information on [basic first aid](#). All of these apps can be found (for free!) in the iTunes or Google Play stores from your Smartphone or tablet.

FEMA also has a free [app available for download](#) for Apple, Android and Blackberry devices. The app contains preparedness information including interactive checklists for emergency kits and other things. In January of this year, Microsoft released a new free app called [HelpBridge](#) that allows users to communicate with several contacts at once via email, text, or Facebook blast. With just a few clicks the app lets several people (all at once) know you are ok or need help and your location. In addition, if you are in a position to help after a disaster, the app allows you to donate money via PayPal right from your phone or it can tell you where you can donate your time or supplies. HelpBridge is currently available for Windows, iOS and Android operating systems.

12-Months to Preparedness— Time to Copy!

Your task this month is to make copies! We all know we should do it, but we don't. It only takes 20 minutes to gather your important documents and make copies of them, or even better, scan them into a digital format. This month, gather all of your important documents: insurance papers, identification cards, copies of the front and back of your credit cards, passports, prescriptions (eyeglasses, medicines, etc.) and copy or scan them. If you copy them, send one copy to a trusted friend or family member or store it somewhere other than your house. If you can scan them, upload your documents to a secure cloud server that you can access from anywhere. Many companies offer limited online cloud storage for little to no monthly fee so do your homework!

This month's item to purchase is a radio! Make sure you have at least one battery powered radio in your home, if not go out and purchase one this month. Bonus points if it is also a weather radio capable of picking up dedicated NOAA weather channels. Radios can be found at most sporting goods stores or can be ordered online. Some even have a built-in flashlight and are able to charge your cell-phone with a solar panel! And don't forget to throw some extra batteries in with it!

First Aid



Examples of items in a first aid kit

If you or someone you are with experience any of these life threatening symptoms call 911 immediately.



A CERT graduate provides first aid to a volunteer victim during a drill in Lompoc.

Burns

Burns can be caused by heat, chemicals, electrical current and radiation. The severity of the burn depends on several factors including the size and depth of the burn and the period of time the victim was exposed. To treat a burn:

- ⇒ Remove or extinguish the burning source.
- ⇒ Do not use butter or other ointments.
- ⇒ Cool area with a towel or cloth dipped in cold water. Do not immerse the area in water for longer than a minute. Do not apply ice.
- ⇒ Cover the area loosely with dry sterile dressing.
- ⇒ Loosen or remove clothing and jewelry around the area. Do not remove clothing from the burn area.
- ⇒ Elevate burned area higher than the heart.

Wounds

Wounds can occur several different ways. The primary goal of wound care is to control the bleeding and clean the wound.

- ⇒ Wounds should be irrigated with clean, room temperature water only. Do not use hydrogen peroxide to irrigate the wound.
- ⇒ Once cleaned apply a sterile dressing. If needed, apply a bandage to keep the dressing in place.
- ⇒ If there is active bleeding do not remove an old dressing to put a new one on, instead place the new dressing over the old so as not to disturb any clotting.
- ⇒ Check the wound for signs of infection such as swelling, discoloration, discharge or red streaking every 4-6 hours.

Bites and Stings

Bites and stings are common but can still be uncomfortable and, for some people with allergies, even life threatening. Basic treatment for a bite or sting is to:

- ⇒ Remove the stinger if still present using the edge of a credit card or other stiff, straight-edged object. Do not use tweezers as you may squeeze a venom sac on the stinger actually increasing the amount of venom.
- ⇒ Wash the site thoroughly with soap and water.
- ⇒ Ice the site for 10 minutes, rest for 10 minutes, alternating between the two.

- ⇒ If the victim has an allergy remove all restrictive clothing and jewelry and immediately seek professional medical attention. If the victim has an Epi-pen, administer it, but no further medication.

Hypothermia

Hypothermia is caused by exposure to cold air or water or alternately can be caused by inadequate food combined with inadequate clothing and or heat. The primary sign of hypothermia is a body temperature of 95° F or lower, redness or blueness of the skin, numbness accompanied by shivering. Later stages may include symptoms such as slurred speech and unpredictable behavior. If you suspect a person is hypothermic:

- ⇒ Remove any wet clothing
- ⇒ Wrap the person in a blanket or other warm material being sure to cover their head and neck
- ⇒ Provide warm, sweet drinks (no alcohol) and food to conscious victims. Do not attempt to use massage to warm affected body parts.

First Aid Kits

The Red Cross recommends the following as a minimum for your at-home [first aid kit](#):

- 2 absorbent compress dressings
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets
- Sharp scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Digital oral thermometer
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

When To Call a Professional

Some injuries such as allergic reactions, open fractures, uncontrolled bleeding, trouble breathing or chest pain need immediate medical attention by a professional. If you or someone you are with ever experiences one of these symptoms or any other life threatening symptom call 911 immediately.

Santa Barbara History—Oil Spill

On January 28, 1969 the California coast, between Goleta and Ventura, experienced a devastating oil spill third only to the 1989 Exxon Valdez spill in Alaska and the 2010 Deepwater Horizon spill in the Gulf Coast. The cause of the spill was a blowout of Union Oil's platform A which sat in 188 feet of water six miles off the coast of Summerland. For the next 11 days over 200,000 barrels of oil seeped from the ocean floor.

"The blowout was the spark that brought the environmental issue to the nation's attention," said Arent Schuyler, lecturer emeritus in environmental studies at UC Santa Barbara. "People could see very vividly that their communities could bear the brunt of industrial accidents. They began forming environmental groups to protect their communities and started fighting for legislation to protect the environment."

During the next few years there was more

environmental legislation than at any time in the nation's history. In 1969, Congress passed the National Environmental Policy Act which requires environmental impact studies before any federal action can be taken. California adopted similar legislation in 1970. A wave of national environmental legislation followed, including clean air and water acts, and laws that protected sensitive coastal areas and endangered species. Environmental activism gained widespread support he said and in the two years after the oil spill, Sierra club membership doubled.

Do you have some Santa Barbara history you want to share? Maybe you have some interesting family history you want to share or maybe you have a question about something. We want to hear it! Send us your stories of, or questions about, Santa Barbara history to DDanetra@SantaBarbaraCA.gov.



Aerial view of the Santa Barbara Harbor 2/14/69, over two weeks after the spill. Oil can still be seen on the surface of the water.

Getting Involved—CERT

Join the Team— CERT stands for Community Emergency Response Team. The CERT program is a national program developed by FEMA and taught locally all over the country. In Santa Barbara County alone there are several agencies that offer CERT training including us! CERT training includes emergency preparedness, basic first aid and search and rescue. In a large scale disaster CERTS can be called on (they do not self-deploy) by various agencies to assist with a number of different response and recovery jobs.

What Moves Them— The number one

priority for CERTs is the safety of themselves and their family. After that CERTs assist their community by checking on their neighbors and loved ones. CERT's also get involved with their community by assisting with public events such as parades and marathons by providing first aid and traffic control.

How to Get Involved— The next CERT class offered by The City of Santa Barbara will begin May 7th. It will run 8 consecutive Tuesdays from 6pm to 9pm and will take place at City Fire Station 1 on Carrillo Street. [Click here for more information.](#)



Santa Barbara City CERT graduates

Reader Question—Wells

Dear GRSB:

We have a well on our property with an electric pump. What can you tell us about its use during and after a disaster? - Well-y Worried

Dear Well-y Worried,
Great Question! First off, you are smart (and lucky!) to have your own source of water. However, wells can become contaminated in certain disasters, especially floods and earthquakes (both of which our area is prone to). If the well is not tightly capped or properly grouted, sediment and flood water could enter the well and cause contamination. Dug

wells, bored wells, and other wells less than 50 feet deep are more likely to be contaminated, even if damage is not apparent. If after a disaster you suspect your well may have been contaminated by debris or anything else, DO NOT DRINK THE WATER. You can find more information on how to prep your well for disasters and how to decontaminate different types of wells [here](#). As for your electric pump, if there is any concern that the pump housing (or pump itself) was flooded or damaged do not touch it as there is a risk of electrical shock you. Thanks for your question and keep them coming!



A well

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We're on the Web

www.santabarbaraca.gov/oes

Quiz Time—

True or False!

- 1) Floods are the most widespread natural disaster.
- 2) It is possible for a secondary disaster to be more deadly or damaging than the triggering event that caused it.
- 3) Hurricanes are the most financially costly type of natural disaster.

Multiple Choice!

- 4) What percent of land based volcanoes are located around the "Ring of Fire" in the Pacific Ocean?

- a) 78%
- b) 90%

- c) 57%
- d) 60%

5) How fast can an avalanche travel?

- a) 320 mph
- b) 180 mph
- c) 250 mph
- d) 200 mph

6) The Great Smog (a large and deadly air-pollution event) occurred in what City?

- a) Los Angeles
- b) London
- c) Beijing
- d) Chicago

Answers: 1) T; 2) T; 3) F; 4) b; 5) d; 6) b

City News—Changes












Not sure if you've noticed but our City's Municipal Code 9.116 regarding OES has changed. Verbiage was changed to update the Municipal Code from the Civil Defense. [Click Here](#) to see the changes made and approved by City Council.

Also, the City has submitted their revised Emergency Management Plan to the County Office of Emergency Management. According to State Law every jurisdiction needs to update their Emergency Plan every five (5) years. Once the Plan has been approved by the County it will be sent to the State for approval. Then it will be placed on the City's Office of Emergency Services website.

Lastly, don't forget to like OES on [Facebook](#).

Upcoming Events

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's Day 	2	3	4	5 National Walk to Work Day 	6
7	8	9	10  Golfer's Day	11	12	13
14	15 TAXES DUE Rubber Eraser Day 	16 Coffee with a Cop 	17	18	19	20  SB Earth Day Celebration
21  Santa Barbara Founding Day (231st Birthday!)	22 Earth Day 	23	24 Administrative Professionals Day 	25	26 Richter Scale Day 	27 Arbor Day 
28	29	30				